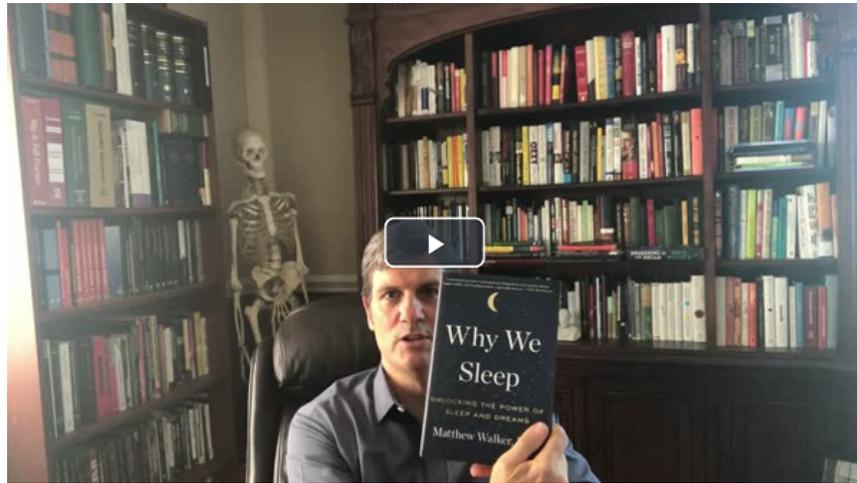




LAW OFFICES OF
MARK BLANE

From the Desk of Mark Blane



As many of you know, I am an avid reader, so as part of my new monthly e-newsletter, I thought I'd try my hand at a monthly book review. My hope is that you will find it interesting and entertaining—and maybe it will inspire you to check the book out for yourself. I will also include a smoothie recipe in each e-newsletter, so be sure to scroll all the way to the bottom to find it!

Recently, I finished a fascinating book by Matthew Walker, Ph.D., called *Why We Sleep: Unlocking the Power of Sleep and Dreams*. From the time we were small, we were told that it's important to get a good night's sleep. However, we were never told WHY it's important. That's exactly what this book does in a very unexpected and entertaining way. Because I have a lot of clients who are injured, I was particularly intrigued by the health benefits of sleep—and the way sleep can help heal the body and the brain. The book even explains why we dream. If you're like me, this book will forever change the way you perceive sleep, and I highly recommend it!

—Mark

[Watch My Book Review](#)

Success Story

\$5.67 Million Settlement Reached for Severely Injured HVAC Worker

My client, a 45-year-old air coil refrigeration specialist working for an HVAC company that did quarterly inspection and cleaning for local businesses in the San Diego area, slipped off the top of a poorly maintained exterior steel ladder at a business in the Sorrento Valley area. The ladder didn't have the required non-slip surface, and my client fell approximately 16 feet onto concrete. He sustained grave and permanent injuries. My team had our work cut out for us, but in the end, we were able to obtain a life-changing result for our client.

[Read More](#)

Feature Article

Understanding Pedestrian Knockdown Accidents



Motor vehicles aren't the only dangers pedestrians face. They can also suffer serious injuries in knockdown accidents caused by bicycle riders, joggers, dogs, and other walkers. Fortunately, under California law, victims can recover compensation for their injuries from the negligent party who knocked them down.

[Read More](#)

Stay in the Know



How long do I have to file a dog bite lawsuit?

[Get the Answer](#)



What happens if I was partially at fault for my car accident?

[Get the Answer](#)

Help for Accident Victims and Their Families



Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

These books are a great source of valuable legal information. They offer insider information on what you need to know before calling a lawyer as well as insights the insurance companies would rather keep to themselves!!!

[Download a Free Book Today!](#)

Smoothie of the Month



Red, White & Blue Smoothie

Here's a perfect patriotic smoothie for your socially distant 4th of July gathering—or any summer party, for that matter. [Recipe: courtesy of Sprinkles by Stacey.](#)

Ingredients:

Red Smoothie

1 cup strawberries, frozen
1 TBSP honey
1/2 cup water

White Smoothie

1 banana, frozen
1 TBSP honey
1/2 cup almond milk, vanilla, unsweetened

Blue Smoothie

1 cup blueberries, frozen
1 TBSP honey
1/2 cup water

Instructions:

1. Gather all ingredients and equipment.
2. In a blender, blend each smoothie separately.
3. Layer the smoothies into two cups and enjoy!

What Clients Have to Say About Working With Us

"I would recommend Mark to everybody that is involved in any type of personal injury matter...he is competent...he is punctual...he is personable...he is a really good human being. If Google and Yelp would have allowed more stars I would have given him more stars."

-Robert Cucurull

